




Fremont Multi-Service Senior Center
40086 Paseo Padre Parkway (at Lake Elizabeth)
Fremont, CA 94538
790-6600 • 494-4539 (T.T.Y.) •
www.fremont.gov

May

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Lunch: 12 noon (daily)
Information Line: 790-6610 (Menu & Activities)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div><p>Join in the festivities and help raise funds to support Senior Services in the City of Fremont.</p><p>“Meet Me On Broadway” Thursday, May 20, 2004 6:00 to 10:00 p.m. Marriott Hotel</p><p>Inquire at the Senior Center Office.</p></div>				
3 8:15 Tai Chi 8:30 Walkers 8:30 Quilters 10:00 Special Speaker: National Committee for Preservation of Social Security & Medicare 10:00 Bingo! 10:00 Harmonica (Carlton Plaza) 12:30 Beg Spanish 12:30 Games 12:45 Healthy Lifestyles 1:00 Painting Class 1:45 Interm Spanish 3:15 Adv Spanish (fee) 6-8:30 Caregivers Support	4 8:00 Meditation 8:30 Senior Fitness 8:45 Yoga/Stretch 9:00 Softball Practice fld 2 9:30 Senior Fitness 9-12 B. P. Screening 9-3 Deaf Seniors–Com.C. 11:00 Fremont Paratransit Info & Registration 11:30 Cinco de Mayo Lunch & Celebration 12:45 Los Amigos 12:45 Crafts 1:00 Bridge 1:45 Fremontaires 3:00 Tai Chi (Beg) 4:00 Tai Chi (Adv)	5 8:15 Tai Chi 8:30 Walkers 8:40 Cholesterol Tests (appt) 9:00 Canasta 10:00 Bingo! 10:00 Current Events 12:30-2:30 Medicare Counseling (appt.) 1:00 Pinochle & Canasta 1:00 Mah Jongg 7:00 Woodcarvers	6 8:30 Senior Fitness 9:00 Chinese Club (fee) 9:00 Chinese Counseling and Information 9:30 Senior Fitness 10-3 B.P. Screening 10:30 Yoga/Stretch 11:30 ECHO Housing, Reverse Mortgage Counseling Chess & Games 2:00 Sr. Center Singers 2:30 Dance, “Young at Heart” band (\$4)	7 Annual Flower & Garden Show – 9:30 – 2:30 8:30 Walkers 9:00 Pinochle, Canasta 9:00 Card games 9:30-3 Washington on Wheels 10:00 Bridge 12:00 Mother’s Day Lunch & Celebration 1:00 Pinochle & Canasta 1:30 Needlecrafts 2:00 Garden Club 2:00 Parkinson’s & Art of Moving (fee) 3:00 Tai Chi
10 Thunder Valley Trip 8:15 Tai Chi 8:30 Walkers 8:30 Quilters 9:00 Medicare Counseling (appt) 10:00 Harmonica (Carlton Plaza) 11:00 AARP Social Time 1:00 AARP Business Mtg 12:30 Beg Spanish 12:30 Games 12:45 Healthy Lifestyles 1-4 Footcare-Tri-City-appt 1:00 Painting Class 1:45 Interm Spanish 3:15 Adv Spanish (fee)	11 8:00 Meditation 8:30 Senior Fitness 8:45 Yoga/Stretch 9:00 Softball Practice fld 2 9:30 Senior Fitness 9-12 B. P. Screening 10:30 Indo-American Seniors 11:00 Fremont Paratransit Info & Registration 11:30 “Using the Card Scanner System” Speaker: “How To Cure the Tax Migraine” J. Gough 12:45 Crafts 1:00 Bridge 1:45 Fremontaires 3:00 Tai Chi (Beg) 3:00 East Indian Seniors 4:00 Tai Chi (Adv)	12 8:15 Tai Chi 8:30 Walkers 10:00 AC Transit picture ID (appt) 9:00 Canasta 9:30 Band Practice 10:00 Current Events 11:30 “Using the Card Scanner System” 12-4 Afghan Women 1:00 Pinochle & Canasta 1:00 Social Security (appt) 1:00 Mah Jongg 1:00 NARFE Board Meet. at Boathouse 7:00 Woodcarvers	13 8:00- 6 Senior Rally Trip to Sacramento – Meet with Legislators \$7.00 includes lunch 8:30 Senior Fitness 9:00 Chinese Club (fee) 9:00 Chinese Counseling and Information 9:30 Senior Fitness 10-3 B.P. Screening 10:30 Yoga/Stretch 1:00 Chess & Games 2:00 Sr. Center Singers 2:30 Dance, “Young at Heart” Band (\$4)	14 8:30 Walkers 9:00 Pinochle/Canasta 9:00 Card Games 10:00 Bridge 1:00 Pinochle & Canasta 1:30 Birthday Party! Entertainment by The Prince of Peace School Hand Bell Choir 1:30 Needlecrafts 2:00 Parkinson’s Disease & Art of Moving (fee) 3:00 Tai Chi
17 8:15 Tai Chi 8:30 Walkers 8:30 Quilters 10:00 Bingo! 10:00 Harmonica (Carlton Plaza) 12:30 Beg Spanish 12:30 Games 12:45 Healthy Lifestyles: 1:00 Painting Class 1:45 Interm Spanish 3:15 Adv Spanish (fee)	18 8:00 Meditation 8:30 Senior Fitness 8:45 Yoga/Stretch 9:00 Softball Practice fld 2 9:30 Senior Fitness 9-12 B. P. Screening 9-3 Deaf Seniors–Com.C. 12:45 Crafts 1:00 Bridge 1:45 Fremontaires 3:00 Tai Chi (Beg) 4:00 Tai Chi (Adv)	19 8:15 Tai Chi 8:30 Walkers 9:00 Canasta 10:00 Bingo! 10:00 Current Events 12:30-2:30 Medicare Counseling (appt) 1:00 Pinochle & Canasta 1:00 Mah Jongg 7:00 Woodcarvers	20 8:30 Senior Fitness 9:00 Chinese Club (fee) 9:00 Chinese Counseling and Information 9:30 Senior Fitness 10-3 B.P. Screening 10:30 Yoga/Stretch 1:00 OFFICE CLOSES for Fundraiser Prep. Chess & Games 2:00 Sr. Center Singers 2:30 Dance, “Young at Heart” Band (\$4) 6-11 “Meet Me on Broadway” Aging & Family Services Fundraiser – Marriott Hotel	21 8:30 Walkers 9:00 Pinochle/ Canasta 9:00 Card Games 10:00 Bridge 1:00 Pinochle & Canasta 1:30 Needlecrafts 2:00 Parkinson’s Disease & Art of Moving (fee) 3:00 Tai Chi 3:30 Russian Club
24 8:15 Tai Chi 8:30 Walkers 8:30 Quilters 9:00 Medicare Counseling (appt) 9:30 Builders Fund Board Meeting – visitors welcome 10:00 Harmonica (Carlton Plaza) 12:30 Beg Spanish 12:30 Games 12:45 Healthy Lifestyles 1:00 Painting Class 1:45 Interm Spanish 3:15 Adv Spanish (fee) 7-9 Parkinsons Support Group	25 8:00 Meditation 8:30 Senior Fitness 8:45 Yoga/Stretch 9:00 Softball Practice fld 2 9:30 Senior Fitness 9-12 B. P. Screening 10:30 Indo Amer. Seniors 12:45 Crafts 1:00 Speaker 1:00 Legal Assist. for Srs. 1:00 Bridge 1:45 Fremontaires 2:00 Visual Concerns Support Group 3:00 East Indian Seniors 3:00 Tai Chi (Beg) 4:00 Tai Chi (Adv)	26 8:15 Tai Chi 8:30 Walkers 9:00 Canasta 9:30 Band Practice 10:00 Current Events 1:00 Social Security (appt) 1:00 Trip Meeting 1:00 Pinochle/ Canasta 1:00 Mah Jongg 7:00 Woodcarvers	27 8:30 Senior Fitness 9:00 Chinese Club (fee) 9:00 Chinese Counseling and Information 9:30 Senior Fitness 10-3 B.P. Screening 10:30 Yoga/Stretch 1:00 Chess & Games 2:00 Sr. Center Singers 2:30 Dance, “Young at Heart” Band (\$4)	28 8:30 Walkers 9:00 Pinochle/ Canasta/ Card Games 10:00 Bridge 11:30 NARFE Social Time 12:30 NARFE Business Meeting 1:00 Pinochle/ Canasta 1:30 Needlecrafts 2:00 Parkinson’s Disease & Art of Moving (fee) 3:00 Tai Chi
Senior Center Closed Monday, May 31, Memorial Day				